

What You Need to Know About Micro Laser Liposuction

What is micro laser liposuction?

Micro laser liposuction is a minimally invasive liposuction, fat removal, and body shaping surgery meant to enhance your body's shape, definition, and physique. Micro laser liposuction takes its name from the tiny size of the cannulas used to remove the fat, the smallest of which is just 0.9mm wide and the biggest of which is 3mm. The method can eliminate up to 3.5 litres of fat.

How does micro laser liposuction work?

Micro Laser Lipolysis, also called micro Laser Lipo, uses low levels of laser energy to break up the membranes of fat cells, which makes the membranes more porous. So, the contents of the fat cell (called an adipocyte) leak into the space between the cells. Sugar (glycerol) and water are also made, and the body uses both of these things elsewhere. Even though the fat cell is still there, it is no longer round and is now flat.

The newly freed fat parts (called triglycerides) are then moved through the lymphatic system and leave the body when you urinate. Because the fat is removed from the body, micro laser liposuction has been shown to give long-lasting results.

Exercise done within 24 hours of treatment makes sure that fat is broken down and removed from the area. micro laser liposuction is a treatment that has been shown to work only on fat cells and is very safe. The laser doesn't hurt the skin, muscles, nerves, or blood vessels.

Is micro-laser liposuction safe?

After a micro laser liposuction session, there is no downtime. You can go back to your normal activities right away without any pain, swelling, or other discomfort.

What is the difference between Micro LaserLipo and Smartlipo?

The honest answer is... Not much. Both of these are brand names for what is, in essence, laser-assisted liposuction. One of the laser tools used is called Smart Lipo, which is a brand name. Sonobello, a company that does body contouring, calls their procedure Trisculpt Micro LaserLipo, but they really just use the same Smartlipo laser machines that are made by Cynosure. These names are mostly just marketing tricks to make the products stand out. No matter what you call it, laser-assisted liposuction uses a laser to create heat under the skin. This heat melts the fat and helps the body make collagen, which can tighten the skin in some places. Before sucking the fat out, most plastic

surgeons who do the procedure also use power-assisted liposuction to help break up the fat and make the shape more even and smooth. Many times, the different names are hard to understand because they sound like different steps. What really matters is not the devices or the name, but the surgeon who will give you a proper evaluation, suggest a number of options, and help you choose the right one.

This was an answer to one of the questioners on the [RealSelf website](#) from [Adam Hamawy, MD](#).

How much does micro laser liposuction cost in United Arab Emirates?

Micro Laser Lipo costs between 8000 AED for one treatment area and 22,000 AED or more for four treatment areas. The cost also depends on how much fat is to be removed, how big the area is, and how many treatment zones there are.

What You Need to Know About SmartLipo

What is SmartLipo?

SmartLipo is an earlier method of fat removal that does not utilize aspiration and involves melting fat with a laser probe instead of suctioning the melted fat away (suction). The melted fat is retained within the body, where it is eventually removed by the body's natural processes. In most cases, the patient will not see any results for four to five months, and the reduction in fat, when it does occur, is typically quite little and falls far short of their expectations.

The outcomes of SmartLipo were delayed and have not been satisfying in the past for both patients and practitioners; as a result, the operation is becoming less popular as various other procedures that are motivated by results are taking its place. In the year 2008, ambition was added to the process in order to get better outcomes.

What are the ideal candidates for SmartLipo?

People who are in generally excellent health but are dissatisfied with the outcomes of their efforts to lose weight through diet and exercise may be suitable candidates for SmartLipo. The arms, belly, knees, breasts, neck, and jawline are all excellent candidates for shaping and contouring with the help of SmartLipo. The process of liposuction allows for the removal of fat that does not respond to changes in one's diet or level of physical activity. Love handles, an excessive amount of neck fat, belly fat, inner thigh fat, upper arm fat, and saddlebags are examples of issue areas that can result from an accumulation of fat deposits.

Your body type and weight both have a role in determining the number of locations on your body that need to be treated. Patients who are quite thin can often have up to eight

locations treated during a single session of treatment. People of average height and weight can receive treatment in as many as six different regions simultaneously during a single session. Patients who are extremely tall, very heavy, or obese have the potential to have up to three locations treated during a single surgery.

Does smart lipo work?

It is necessary to have this background information before attempting to answer this question. The love handles, stomach, the fat mass that bulges at the sides of your waist, bulges in thighs (inside or out), arms, and bra rolls are some of the most popular places targeted for fat removal operations in the human body. Other typical areas include the back of the knees and upper arms. Even if you have excellent dietary management and exercise on a consistent basis, certain regions of fat are notoriously resistant to reduction.

The SmartLipo technique is the most effective method for reducing the amount of fat found in these locations. This is due to the fact that it is efficient as well as risk-free. Additionally, it does not call for a lot of downtime. Within two to three days, you will be ready to go back to work. Even the majority of activities may be completed in less than a week.

The energy from the laser dismantles the cells in the fat members and then blasts these cells, which ultimately results in the fat becoming more liquid. When it arrives in the liver, the fat will have undergone this transformation. In this location, the fat is extracted.

Because it has less adverse effects than traditional liposuction, SmartLipo is a more secure alternative to liposuction than the latter.

What is smart lipo procedure?

During a SmartLipo treatment, your surgeon will create a very small incision close to the region (or areas) that are going to be treated. This incision will then be used to introduce a very thin tube. Laser radiation will be sent to the region through this tube, which is known as a cannula. This will assist to liquefy and release the fat cells so that they may be removed in a way that is speedy, simple, and effective.

What are the side effects of smart lipo?

Burns to the skin are a possibility, both as a result of over-treating a tiny region and as a consequence of the laser coming into too close of contact with the patient's skin. There is also the possibility of an infection of the skin and the tissues underneath it. If the drainage fluid at the incision sites appears thick, colored, and smells unpleasant, it is possible that the sites are infected; in this case, you should call your doctor as soon as possible.

Antibiotics will be administered after the treatment in order to avoid an infection of the skin; in fact, it is possible that you will be requested to start taking the prescription the day before the procedure itself. If you have any known sensitivities to medications, including penicillin, it is important that you contact your doctor. It's possible that the healing process left behind some hard spots or lumps under the skin. These are signs of excessive scar tissue. The issue can occasionally be resolved by performing a revision.

There have been no reports of any additional adverse effects, and there have been no known fatalities. When deaths have been attributed to traditional liposuction, the circumstances surrounding those deaths have been determined to be complications related to the use of a general anesthetic, the removal of excessive amounts of fat in a single session, or the concurrent performance of multiple plastic surgery procedures.

It is possible that the SmartLipo laser, which is utilized in the surgery, will cause eye damage. If the laser beam comes into contact with the eye, the structure of the eye makes it possible for the laser beam to swiftly inflict damage that is permanent to regions that are located at the rear of the eye. Goggles can be worn to protect one's eyes from the light emitted by the laser, hence preventing any possibility of this happening.

If you are a female, you may discover that your menstrual cycle, sometimes known as your period, is thrown off. After the operation, there is a possibility that your menstruation may become irregular; however, this side effect is usually temporary and can occur after a variety of procedures, both small and significant. You could also experience a minor fever as well as a flushing of the face and the areas around it. After a few days have passed, you may experience itching as a typical part of the skin healing process. You can use lotions or pills to minimize the itching and prevent scratching from causing skin damage or infection to your skin at the areas where it is healing, which is something you can do by reducing the itching.

Is smart lipo safe?

Every kind of liposuction brings with it the possibility that the patient's skin may develop permanent wrinkles and discolouration, as well as the possibility that the patient's contours will become lumpy or indented. Laser burns on the skin are an additional potential cosmetic issue that is associated with smart lipo or any other brand of laser lipo. This risk is there regardless of the name of the procedure.

In all honesty, smart lipo is rather risk-free. It is a type of laser liposuction that "melts" or "breaks up" fat, making the treatment less unpleasant for the patient and allowing it to be performed under local anaesthetic in the hands of skilled professionals. In addition to this, it warms up the dermis, which results in some tightening of the skin anywhere from three to six months following the surgery. The sagging skin was tightened by around fifty percent. The after-effects, which include post-operative discomfort, bruising, and surface abnormalities, are comparable to those of traditional liposuction. When it comes to the laser, the skin might be damaged if the procedure is not carried out with caution. When performed on the correct applicant, smart lipo is an excellent surgery. Find a PS in your area and make an appointment with them to have a consultation so you can determine whether or not this is the best option for you.

Is smart lipo and laser lipo same?

The term "Smart Lipo" refers to nothing more than the brand name of a particular gadget for laser-assisted liposuction. There are also products sold under the brand names Lipolite and Prolipo. Due to the fact that a major incision is not necessary for the cannula, laser lipo is regarded to be a less invasive technique.

The method is utilized by most of laser Liposuction centers in Dubai and Abu Dhabi to eliminate fat deposits from the face or any other part of the body that calls for a more conservative approach. Before removing fat cells, the Smart Lipo procedure employs laser emissions to break them down or liquefy them. The capability of the process to tighten tissue, which in turn helps decrease the obvious indicators of extra skin, is another reason why it is so popular. The laser-assisted liposuction procedure not only eliminates undesirable fat, but it also cauterizes blood vessels, which significantly reduces the risk of bleeding and bruising. The amount of time required for healing and recuperation is thereby cut down.

Does smart lipo hurt?

You may most likely experience some numbness in the region where the SmartLipo operation was performed immediately after the treatment is finished. This is typical, and it should go away very fast in most cases. The first two to four days following the treatment will be the most painful and uncomfortable for you, but this will gradually get better and go away during the first four weeks after surgery. Patients often report that they are no longer experiencing any discomfort or soreness anywhere around the one-month mark. It is possible that you will still see swelling, but this is typical. It may take several months for swelling to totally go down.

Is smart lipo worth it?

The amount of fat that is eliminated during a SmartLipo operation is the metric that is used to quantify the outcome of the therapy. For instance, if the quantity that was eliminated is

three liters, then the weight loss would be comparable to 6.6 pounds. Having said that, it's only an approximation. The outcome is different for each individual.

It is dependent on the size of the patient's body, the patient's overall composition, and the place on the patient's body in which the surgery is performed. When a higher quantity is eliminated, a greater quantity of weight is subtracted from the total weight of the body.

In a similar vein, the likelihood of change increases when the individual's body weight is reduced when liposuction is used to remove a significant quantity of fat.

Even if the greatest quantity of fat is removed from a patient's body, the patient's weight does not alter significantly if the patient is regarded excessively massive or obese.

Be aware that your weight may return to its previous state or perhaps increase in the days immediately after the treatment. There is a possibility that your clothing will become too loose or too tight.

It is important to keep in mind that every liposuction procedure comes with a fair level of inherent risk. You need to have an in-depth conversation about this with the specialized doctor. It is important to keep in mind that liposuction surgery is not the answer to your beauty problems. Whether or whether you decide to go through with the surgery, maintaining a healthy lifestyle that includes the appropriate type of food and the appropriate program of exercise is always going to be the best option, and it should be your first priority. It is crucial to keep this in mind.

How much stomach fat can be removed during smart lipo?

Because of concerns for your wellbeing, there is a cap on the total amount that may be extracted in a single session. We are only able to remove between 10 and 12 pounds (5 and 6 liters) of extra adipose tissue and the liquid that is around it, and this is dependent on the patient's body mass index as well as other criteria.

Does fat come back after Smart lipo?

After it has been eliminated, that fat will not come back. On the other hand, if you continue to store fat in the area that was treated, such as the abdominal region, it is feasible for those fat cells to grow larger if you acquire additional weight.

Can you do a smart lipo when you are diabetic?

A patient with diabetes who has maintained good control of his or her blood sugar levels for an extended length of time is eligible to undergo SmartLipo treatment just like any other potential candidate. Because the insulin pump could be physically situated in the operating room, its position is an important factor that needs to be taken into consideration in this particular scenario. You might possibly be a candidate for the surgery to be done under local anaesthetic, in which case you would be closely watched by an anesthesiologist and made very comfortable without having to undergo the conventional techniques of anesthesia or the recovery needs that come along with it. A visit with a knowledgeable plastic surgeon is the best way to get answers to all of your questions

since they will be able to tell you whether or not alternative methods, besides SmartLipo, might be more effective in treating a hanging part of the belly. This was an answer to one of the questioners on the [Real Self website](#) from [Christopher T. Chia, MD](#).

How long does it take to recover from smart lipo?

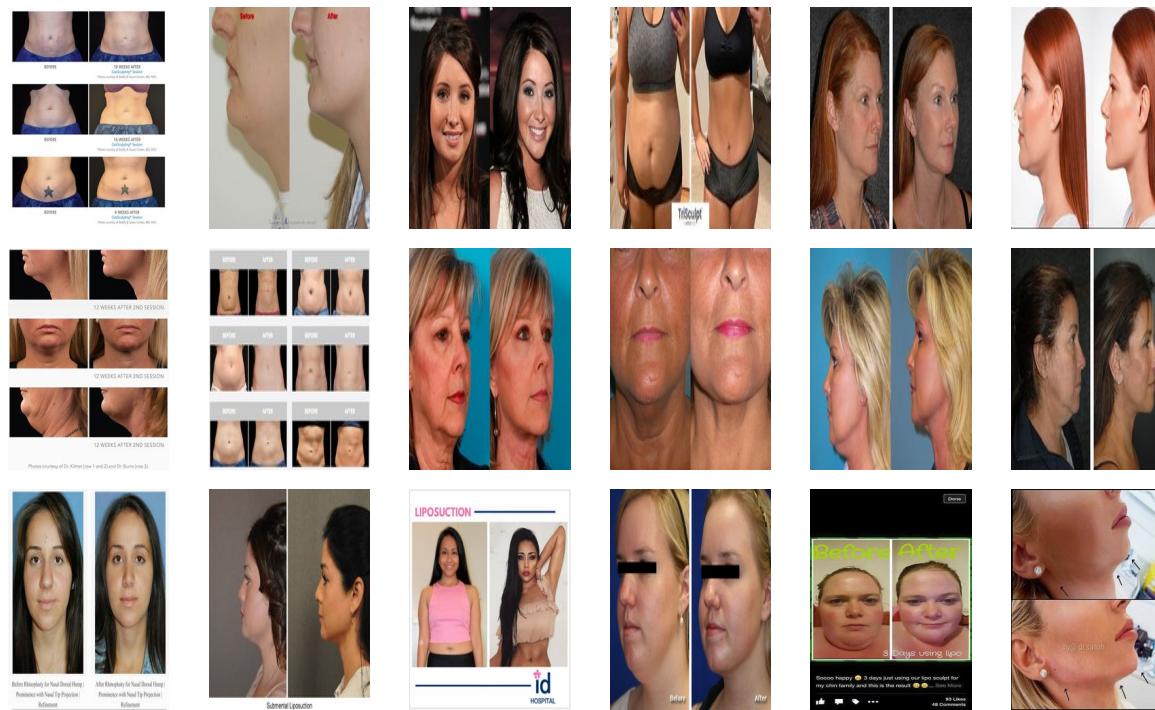
The recovery period following the SmartLipo surgery is far shorter than that following traditional liposuction, which typically required patients to be inactive for several days at a time. This is one of the many advantages of the SmartLipo process. Your SmartLipo outcomes should entail less pain and discomfort, less bruising and swelling, and a lot less necessary downtime due to the procedure's much reduced level of invasiveness.

Obviously, the amount of work that was involved in your operation will have a significant impact on how long it will take you to recuperate. Your recuperation will take longer than it would for someone who may have only had SmartLipo performed on one or two places of the body if you had it performed on many vital sections of the body. The majority of patients who undergo SmartLipo are instructed to rest for up to two days, after which they are given permission to return to work anywhere between two and four days later. In most cases, you will not be allowed to engage in intense activities such as exercise or other physically taxing pursuits for anywhere between one week and ten days after surgery, depending on the nature of your procedure. If you make sure to take excellent care of your body and make sure to follow the recovery instructions that your doctor gives you, you will be able to go back to work and play in no time at all.

How much does SmartLipo cost in United Arab Emirates?

Patient-to-patient, SmartLipo costs vary. Price depends on parts of the body to be treated and aesthetic goals. SmartLipo costs in Dubai, Abu Dhabi & Sharjah can range between 4000 AED to 15000 AED. After the consultation, the doctor will establish the pricing.

SmartLipo before and after photos





Laser Lipo



What You Need to Know About Laser Liposuction

What is laser liposuction?

Laser liposuction, also known as laser lipolysis, is a minimally invasive surgical method that has been authorized by the FDA. During this process, laser light is used to liquefy fat cells, and then the liquefied cells are removed using a thin tube known as a cannula.

Because liquefying fat makes it simpler to remove, this surgery is less invasive than regular liposuction and has a quicker recovery period.

Spurs the synthesis of collagen, which tightens the skin. This is significant because, as we become older, our skin becomes less elastic; as a result, elderly patients may be left with

skin that has become loose after liposuction. (People who are younger, have had less sun damage, and have darker skin tones than average tend to have skin that is more elastic.)

Energy-based liposuction delivers the best fat removal and skin tightening, combined with contouring and shape. One example of this type of energy-based liposuction is the use of lasers.

Laser liposuction, like all other types of liposuction, is designed to treat localized areas of intractable fat deposits; it is not a method for reducing overall body fat. The ideal candidates are those in the greatest form possible prior to the treatment, with tight skin and just a few spots of resistant fat.

According to a study that was published in [the Journal of Clinical and Aesthetic Dermatology](#), “many surgeons have noted an improvement in cellulite after laser lipolysis procedures.” This means that you may find that your cellulite is less noticeable after undergoing laser lipolysis. However, laser liposuction has not been shown to reduce cellulite.

The chin, arms, and thighs are the most common locations targeted by laser liposuction, followed by the love handles and the stomach. Additionally, it may be applied to parts of the body that require some tightness, such as the neck.

What are the pros and cons of laser liposuction?

Pros

- Since laser lipo eliminates fat in a way that is permanent, the outcomes of the procedure will be permanent as long as you continue to be the same weight.
- In comparison to tumescent liposuction, this technique is far less invasive and has a lot shorter recovery time: only three to five days as opposed to one to two weeks.
- In addition to reducing the amount of fat found on the body, laser liposuction can also help to tighten the skin.
- You simply need to undergo one therapy session in order to see significant improvements.

Cons

- Because it has been liquefied, the fat that is removed during laser liposuction cannot be used for fat transfer to other parts of the body or the face. One example of this would be in the context of a [Brazilian butt lift](#).
- If an improper wavelength is supplied with too much heat, laser liposuction can cause burns.
- Getting rid of cellulite using laser liposuction therapy is not the best option available.
- It's also not the best option for people who are trying to cut their body weight by a large amount. Candidates that are good choices have already reached (or are very close to reaching) their goal weight prior to the operation.
- Either a general anaesthetic or local anesthesia along with sedation will be necessary for the procedure.

How is laser liposuction done?

The procedure known as laser lipolysis can be carried out in the medical clinic. It takes around half an hour, and after it's done, you may immediately resume your daily activities. There is no use of anaesthetic during this procedure.

Your physician will attach paddle-like applicators to the part of the body that has to be treated in order to do the laser "lipo." The heat from the paddles is able to get through your skin and into the fat cells underneath, which causes them to heat up. The fat cell membranes become damaged as a result of the heat, which ultimately leads to the death of the fat cells. The cells that have died are subsequently absorbed by your body.

The full effects of the therapy won't be seen for at least a month after they've been administered. After that, you should see a discernible change in the sculpted appearance of the region that was treated. In order to achieve the best possible outcomes, some patients require more than one therapy.

How many inches can you lose with laser liposuction?

The average person who receives this therapy may anticipate losing something in the neighborhood of 25 pounds as a result. This is the same as going down a whole trouser size for the majority of individuals, but the specifics are going to vary from person to person. It will all rely on the way your body fat is distributed as well as the area of your body that you want the fat removed from.

It's true that some people can drop as much as 30 or 40 pounds, while others may only lose about 15, but the average amount of weight lost during weight loss is 25 pounds. Your individual outcomes will be determined by a number of factors, including the amount

of total body fat you have, the amount of fat that was eliminated by the therapy, how well your body responds to the treatment, and even aspects such as your age and gender.

There are a lot of people who care more about how they look and how they feel in their clothes than they do about the number that they see on the scale. That's great news for a lot of us, actually. The numbers that appear on the scale are prone to change, and they are unable to differentiate between the weight of fat and muscle; nevertheless, the circumference of one's waist is a fairly excellent measure of one's actual development.

With this particular lipo therapy, the average person may anticipate losing between one and two inches off their waist. Additionally, if you are treating either your upper arms or thighs, you can anticipate losing around an inch from each of these regions. Nevertheless, some people do end up losing more than others. The more body mass you have, the more probable it is that you will reduce your waist measurement. According to certain studies, those who have a high body mass can drop anywhere from five to ten inches by undergoing many treatments.

The marketing for laser lipo is based on the idea that it is an efficient and speedy method of removing undesirable fat. It is intended to be a process that is less intrusive, and the results are permanent since the fat cells are inactivated by the laser beam, leaving them unable to store fat any more. This makes the operation less invasive.

Is laser liposuction safe?

One of the benefits of laser lipo that is widely touted is how quickly patients may recover from the procedure; in fact, some clinics suggest that you can go back to work in as little as two days. In spite of these findings, some practitioners have been reluctant to embrace laser lipo, claiming lengthier procedure durations, an increased risk of adverse responses, and a lack of data proving superiority over conventional liposuction.

If you are thinking about undergoing laser lipolysis, you might want to reconsider your decision. The laser lipo procedure comes with the risk of experiencing serious consequences. In the pursuit of having the perfect physique, laser lipo is advertised as a risk-free cure-all for extra fat. However, no one discusses the possibility that laser lipo may go wrong, despite the fact that this is a possibility.

The process of using a laser to liquefy the fat in parts of the body that need to be altered is referred to as laser lipo. Infection, skin necrosis, dimpling, lumpiness, numbness, scarring, discolouration, or drooping skin are some of the potential dangers associated with laser lipo, in addition to the discomfort that might occur in the area that has been surgically treated. Burning of the underlying skin can be a side effect of having a laser put under the skin; this is because the laser causes the skin to heat up. The surgical incision may cause ongoing discomfort for several months.

Although you may see an immediate difference in your look, having cosmetic surgery is not a replacement for a healthy lifestyle that includes regular exercise and eating habits. It is essential that you be aware that although though laser lipo may be able to alter the form of your body, it is unable to address difficulties related to your way of life.

In addition, the look of cellulite and stretch marks will not be improved by using this product. Infection, blood clots, and scarring are only some of the potential risks and consequences that are associated with this operation, as are the risks and difficulties associated with any surgical procedure. It is far more effective to make adjustments to one's lifestyle that are meant to last and to lose weight by changing one's diet and increasing physical activity.

Is laser liposuction effective?

In a limited [clinical trial of the Zerona laser](#), which was funded by the company that makes the device, researchers discovered that patients lost an average of two centimeters off each leg in addition to losing an inch from their waist and hips. Despite this, the majority of patients recovered back at least part of the lost inches within just two weeks of ceasing therapy with the medication. The Food and Drug Administration (FDA) has sufficient trust in the therapy to grant its approval for widespread usage in the United States.

Bloch emphasizes that this treatment is not a “miracle cure” of any kind. “This isn’t a magic bullet; it’s just supplemental medicine. It is intended to make your healthy diet and exercise routine more successful, particularly if you are at a stage when you have reached a plateau in your weight loss efforts. You will still need to put in the effort, but having this resource will make your efforts more fruitful.” She suggests that her customers who are about to get laser fat removal eat a very clean diet, exercise moderately, put on compression undergarments, and drink as much water as if going to the bathroom were an Olympic event.

Does laser liposuction hurt?

You will be given a local anesthetic before having minimally invasive laser lipolysis performed on you. During the process, you will feel nothing more than a little amount of pressure or heat on your skin. After the procedure, you may experience some discomfort for three to four days, and you may have swelling and bruising for up to four weeks.

You shouldn't experience any discomfort when having laser lipo done to you. Before the treatment, you will most likely receive some local anesthetic, which will assist keep the region numb during the process. The quantity of time it will take to complete the process is contingent on the particular kind of laser lipo that is being utilized as well as the number of places that need to be treated on your body.

How long until lipo lumps go away?

The majority of the lumps that remain after liposuction will improve with time, and the vast majority will go within six months. After a year of recovery, your surgeon may need to remove a lump if it continues to be unpleasant or painful, especially if it has persisted.

After a year, patients who have lumpiness or unevenness of the skin may require revision surgery or a procedure that removes excess skin, such as a [Tummy tuck](#).

Does fat return after laser liposuction?

After laser liposuction, the fat cells that are eliminated will never return to the area where they were removed. However, the existing fat cells in the region have the potential to

expand in size as the person gains weight, and brand-new fat cells may also emerge. Even while a small number of fat cells will almost certainly perish when being moved to a new site, the vast majority of fat cells will be able to survive the operation.

When determining how much fat to transfer after each treatment, Your Doctor takes into account the loss rate that occurs during these procedures. Patients who have undergone laser lipo should also be aware that fluctuations in their weight might have an effect on both the liposuction and fat transfer sites. Avoiding big shifts in weight is unquestionably the most effective strategy to keep the benefits of your laser lipo procedure intact for a good number of years.

What parts of the body can you have liposuction?

Liposuction removes fat from body areas that haven't responded to diet and exercise including:

- Abdomen
- Armpits
- Buttocks.
- Lower legs.
- Chest
- back
- Hips
- thighs
- Chin

- neck

What is the difference between laser lipo and liposuction?

Laser lipolysis, commonly known as laser lipo, is a technique that may be utilized for retouching prior liposuction procedures that left abnormalities in the skin, as well as for usage following surgery that left the patient with drooping skin.

Since the fatty deposits are treated with a cannula in “traditional” liposuction, there is increased risk of trauma and bleeding during the procedure.

The laser lipo technique causes less mechanical trauma since it coagulates the tiny blood vessels, hence minimizing the amount of bleeding and bruising that occurs. The primary benefit of laser lipolysis over traditional liposuction is that it entails a much speedier and less painful recovery than traditional liposuction does. This is because the inflammation that occurs after the surgery is considerably less severe, and the treatment as a whole is not as intrusive.

The quick constriction of the skin that is induced by laser lipolysis makes it possible to treat parts of the body that are traditionally difficult to access through traditional liposuction procedures (which often leads to a poor response in the contraction or irregularities during the post-liposuction period).

Additionally, laser lipo may be used to address and reshape the most traditional problem regions, like the cartridges, glutes, abdominal region, and sides. The high level of satisfaction experienced by both patients and practitioners following laser liposuction stands out as the procedure's defining quality.

When compared to traditional liposuction, what are the benefits of laser lipo?

- The impact of tissue contraction helps to avoid post-liposculpture flaccidity and contour abnormalities, which in turn generates a more uniform contraction of the skin.
- In contrast to conventional liposuction, laser lipo therapy uses a precise emission to destroy the fat, which results in a “melting” effect while preserving the tissue structures that are around the treated area.
- Both haematomas and bleeding can be efficiently avoided thanks to the coagulative impact that the laser has on the microcirculation of the affected area.
- Because this therapy is less stressful than others, the time needed for recovery is significantly reduced.
- The needed incision is around one millimeter in length.
- Procedures involving the removal of low to medium amounts of fat or regions that are confined can be carried out under local anesthesia.
- The laser lipo procedure may be performed on any part of the body.
- It makes it possible to enhance and retouch prior liposuction operations that may have produced poor outcomes.

- Laser lipo can be used in conjunction with traditional liposuction to achieve a strong healing response in the skin contracture of the treated region when removing high volumes of fat.

How many Laser Lipo sessions are needed?

In order to attain the best possible outcomes, eight Laser Lipo treatments are required. It takes some time for the fat cells to start gradually dismantling themselves, and this process will take place over the course of the eight sessions. 8 treatments of thirty minutes each are spread out over a period of (usually) four weeks to make up a Laser Lipo course.

How do you get the best results of laser lipo?

Getting laser liposuction is an excellent approach to get rid of excess fat while at the same time giving your skin a youthful glow. a list of very easy recommendations to assist you in achieving the best possible outcomes.

- Choose to Engage in Resistance Training

Although laser liposuction is easier on your skin than traditional liposuction since it first disintegrates fat deposits before removing them, some people may choose to engage in resistance training once they have fully healed in order to get the best possible benefits from the procedure. This does not imply that you spend a considerable amount of time working out at the gym. In point of fact, it may just take sixty minutes of strength training

and weight lifting to see significant improvements. Your skin may tighten up even more as a result of doing these activities.

Resistance workouts are beneficial because they help replace old fat with the new muscles that are required to maintain the skin in place. After undergoing laser liposuction in Boston, your skin will ultimately become more toned and supple.

- Drink a Lot of Water

Even before beginning treatment, a member of our staff will recommend that you consume a lot of water. It is also essential to consume a large amount of it once the therapy has been completed. When the body receives an adequate amount of water, it is able to:

- Make your skin silky smooth
- Calm skin that's been inflamed
- Applying natural oils to the surface of the skin.

If you have sensitive skin, increasing the amount of water you drink after having laser liposuction in Boston will help you recover from the procedure more quickly.

- Think About Getting a Treatment That Will Tighten Your Skin.

After having laser liposuction, one of the best things you can do to take care of your skin is to get treatments that tighten the skin. These treatments can go deeper under the skin to help tighten it without causing any significant pain or discomfort to the patient. These

therapies do not involve surgery and have the potential to be very helpful on a variety of problem areas.

- Observe a Healthy Way of Life at All Times

You may be able to heal completely and accomplish a lot by following the advice shown above. But how can you keep the outcomes you've achieved? It's not complicated; just keep up your healthy diet and consistent workout routine. If you commit to leading a healthy lifestyle, you'll be able to enjoy the fruits of your labor for many years to come.

How long do you wear a garment after laser lipo?

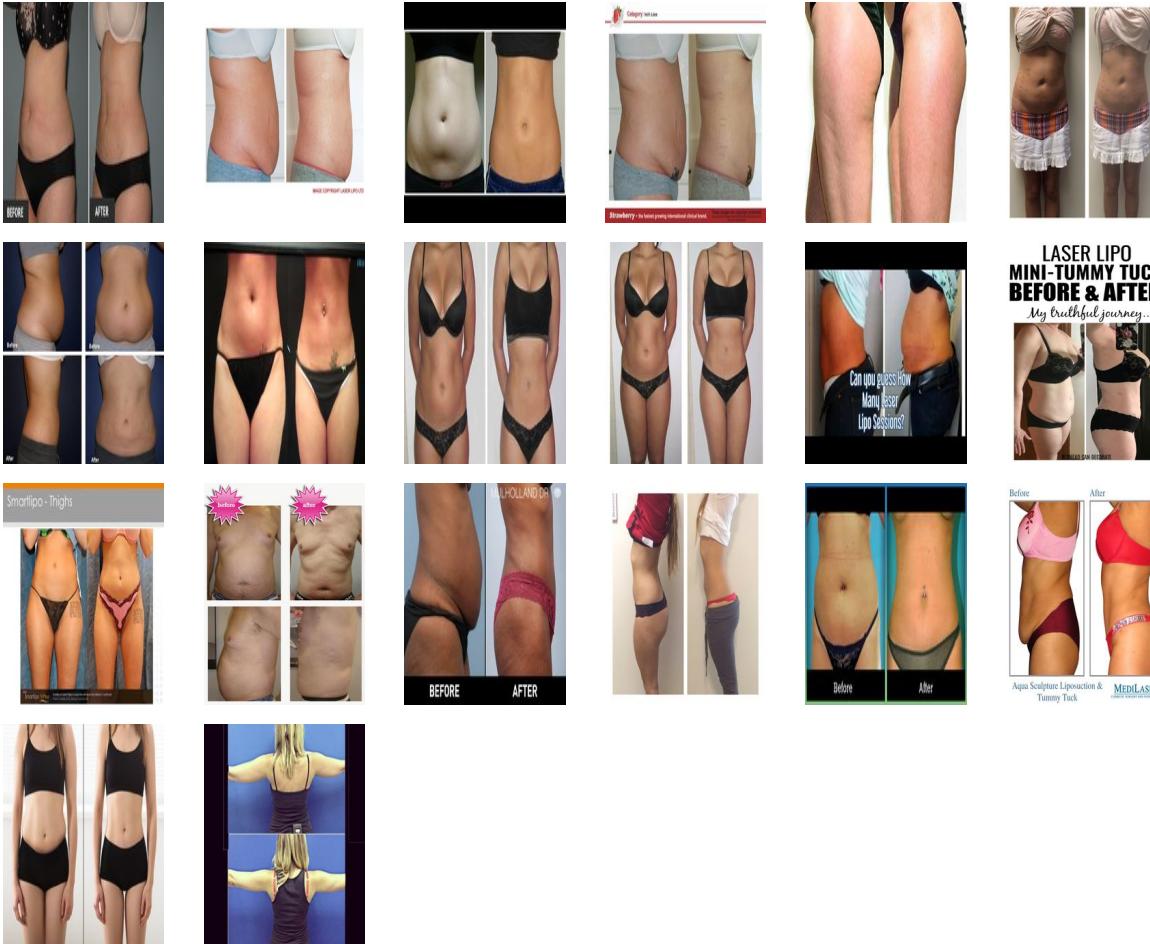
Following the majority of liposuction operations, it is advised that patients continue to wear compression garments for around six weeks. There are three rather compelling explanations for this. You might believe that your body can heal itself, but the truth is that it responds best when given some guidance.

How much does laser liposuction cost in United Arab Emirates?

Patient-to-patient, laser liposuction costs vary. Price depends on parts of the body to be treated and aesthetic goals. Laser liposuction costs in Dubai, Abu Dhabi & Sharjah can range between 4000 AED to 15000 AED. After the consultation, the doctor will establish the pricing.

Laser liposuction before and after photos





Laser liposuction Reviews



Anonymous on [What You Need to Know About Laser Liposuction](#)

April 28, 2014

I am 44 years old and after 2 pregnancies my abdominal region never quite was the same. I lead a...



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April 28, 2013

I'm 33 and have 3 kids, which I had pretty spaced out. I gained about 50-55lbs each pregnancy, and after...



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April 27, 2013

The Experience: From the first appointment to the third month after the surgery, the front office staff has been professional,...



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April 28, 2012

I had Tri-Sculpt E/X with lipo of mid section, and back. I did not feel much besides around bony areas....



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April 27, 2012

Really disappointed with the results of this procedure. Saved up for quite a while to get it done and was...